

complications from undiagnosed diabetes, prediabetic, and gestational diabetes.

November is American Diabetes Month. I have cosponsored H. Res. 1690, a resolution recognizing November as American Diabetes Month, and I encourage Members to visit diabetes.org to learn of the ABCs of diabetes and keeping it under control.

The SPEAKER pro tempore. Under a previous order of the House, the gentleman from California (Mr. SHERMAN) is recognized for 5 minutes.

(Mr. SHERMAN addressed the House. His remarks will appear hereafter in the Extensions of Remarks.)

PUTTING WASTEFUL DEFENSE SPENDING ON THE CHOPPING BLOCK

The SPEAKER pro tempore. Under a previous order of the House, the gentleman from California (Ms. WOOLSEY) is recognized for 5 minutes.

Ms. WOOLSEY. Mr. Speaker, last week the cochairs of the National Commission on Fiscal Responsibility and Reform released their draft proposal. I don't agree with all of their recommendations, but I am encouraged to see that they believe wasteful Pentagon spending can and must be a prime target.

For years I have been calling for substantial cuts in the kinds of defense systems and programs, many of them left as relics from the Cold War, that are doing absolutely nothing for modern-day military preparedness.

The Congressional Progressive Caucus has outlined specific cuts totaling more than \$600 billion. I am pleased, for example, that the Commission shares our contempt for the V-22 Osprey, which has been notorious for cost overruns as well as safety problems that have led to the accidental deaths of 30 servicemembers; billions of dollars over budget for a weapons system that is killing our own people. Not a good deal. Not a good deal for the taxpayers, to say the least.

Likewise, I am inclined to support the Commission's proposal to eliminate one-third of overseas military bases, and I agree that it is time to pull the plug on the Marine Corps' Expeditionary Fighting Vehicle, which breaks down every 8 hours on average and doesn't steer well in water.

On the other hand, I don't agree with the Commission that any kind of salary freeze is the way to go. The last thing we should do is take out our fiscal woes on the men and women, civilian or uniformed, combat or noncombat, charged with protecting the country.

My hope instead is that this body will consider some of the other Congressional Progressive Caucus recommendations. For example, has our military defense system really justified its enormous expense? And what about

our nuclear weapons stockpile? We could save \$15 billion a year by reducing that number of warheads to 1,000, which is still enough, Mr. Speaker, to blow up that world many, many times over.

There has been much noise made on the other side of the aisle about the size of government and supposedly out-of-control Federal spending. But many of the same folks using those talking points haven't exactly shown great restraint when it comes to the defense budgets. So I will be curious to see when they take over the majority in January, will they move to cut bloated defense programs, or does their zeal for spending cuts extend only to those domestic programs that are helping struggling families get through a recession?

That bottom line, Mr. Speaker, is this: You are not serious about closing the deficit unless you are prepared to put military spending on the table. By recommending specific cutbacks on the defense side, the Deficit Commission has at least started the conversation.

Of course, the Commission doesn't really address the elephant in the room, the ongoing war in Afghanistan and our continued military commitment in Iraq. Together their cost has already exceeded \$1 trillion over the last decade. And what have we gotten for the expense? A foreign policy blunder of epic proportions, one that has cost thousands of Americans their lives without truly stabilizing the countries we invaded, without combating terrorism in a meaningful way, without advancing our national security interests.

Fiscal responsibility, Mr. Speaker, and enormous cost savings; yet one more reason to bring our troops home and bring them home now.

The SPEAKER pro tempore. Under a previous order of the House, the gentleman from New Jersey (Mr. GARRETT) is recognized for 5 minutes.

(Mr. GARRETT of New Jersey addressed the House. His remarks will appear hereafter in the Extensions of Remarks.)

FAREWELL REMARKS

The SPEAKER pro tempore. Under a previous order of the House, the gentleman from Florida (Mr. LINCOLN DIAZ-BALART) is recognized for 5 minutes.

Mr. LINCOLN DIAZ-BALART of Florida. Mr. Speaker, I will leave Congress at the end of this session with a sense of duty fulfilled, having given my all to the people of the 21st District of Florida, who have honored me by electing me and reelecting me to nine terms in Congress.

I feel deep satisfaction not only in the achievements of my term of service, such as the codification into law of the U.S. embargo on the Cuban tyranny, requiring the liberation of all po-

litical prisoners without exceptions, and the scheduling of free and fair multiparty elections in Cuba before the President of the United States can lift U.S. sanctions; or the Nicaraguan adjustment and Central American Relief Act, which granted legal residency in the United States to hundreds of thousands of our Central American brothers and sisters who were previously facing deportation. My most profound satisfaction comes from having given my all, each and every day, to my constituents.

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I, as a private citizen, will work to help the freedom fighters inside Cuba who are resisting the brutality of the Castro tyranny with ultimate courage and patriotism. They are my heroes. As Cuban political prisoner Angel Moya wrote from his dungeon in the Castro-Cuban gulag a few days ago: "My spirit is the same; it is full of joy because I am in prison for fighting for the dignity and rights of the Cuban people. I am ready to continue resisting—physically, morally, and spiritually." Mr. Speaker, I will continue to do all in my power to help in the struggle for the freedom of Cuba.

This country, the United States of America, is a miracle—a miracle of generosity of spirit, a miracle of freedom, of human dignity, and opportunity. May God forever preserve and protect this great land and people. For the rest of my days I will feel deeply honored to have been a Member of the Congress of the United States of America.

To all of my colleagues, those who have helped me and those who have opposed me, thank you. Thank you for the honor of having been able to serve along with you.

The SPEAKER pro tempore (Mr. HEINRICH). Under a previous order of the House, the gentleman from Ohio (Ms. KAPTUR) is recognized for 5 minutes.

(Ms. KAPTUR addressed the House. Her remarks will appear hereafter in the Extensions of Remarks.)

The SPEAKER pro tempore. Under a previous order of the House, the gentleman from Texas (Mr. PAUL) is recognized for 5 minutes.

(Mr. PAUL addressed the House. His remarks will appear hereafter in the Extensions of Remarks.)

The SPEAKER pro tempore. Under a previous order of the House, the gentleman from Kansas (Mr. MORAN) is recognized for 5 minutes.

(Mr. MORAN of Kansas addressed the House. His remarks will appear hereafter in the Extensions of Remarks.)

The SPEAKER pro tempore. Under a previous order of the House, the gentleman from Florida (Mr. GRAYSON) is recognized for 5 minutes.